

ABSTRACT OF THE DISCLOSURE

There is disclosed a synchronous signal generating method, recording apparatus, transmitting apparatus, recording medium and transmission medium in which a plurality of coding tables is used to convert an input data word of p-bits to a code word of q-bits ($q > p$), and a code word string obtained by directly coupling the code words is recorded and reproduced in a recording medium such as an optical disk and magnetic disk, or transmitted via a transmitting portion. A synchronous frame consists of a synchronous signal and the cord word string satisfying restriction on minimum run length and maximum run length. The synchronous signal is separable from the code word string satisfying a predetermined run length restriction rule, and is constituted with a specific code for identifying its position in one sector, and a synchronous pattern consisting of a first bit pattern having a run length longer than the maximum run length of the predetermined run length restriction rule by 1T or more, and a following second bit pattern having a run length longer than the minimum run length.